



OFB

IN THE NEWS

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EMPLOYEE OF THE MONTH RICHARD NESBITT

BY STEPHEN JOHNSON

On the first of May 2006, one year ago, Richard Nesbitt was appointed Director of the Kentucky Business Enterprises Division (KBE). Richard came to this agency with a long and successful career with the Service Merchandise Company. His retail sales, customer service and merchandising background have proved invaluable in his work with KBE.

Through his hard work and dedication to the program, Richard has quickly gained the respect of KBE vendors and OFB staff statewide.

In his first year, KBE opened two new facility sites. The Ashland Federal Correctional Institution vending site recently opened with a ribbon cutting ceremony. The Wendell Ford National Guard Training Center also opened in Greenville, Kentucky. Stories and photos about these exciting new KBE operations will appear in next month's newsletter.

Great work Richard in your first year with the Kentucky Office for the Blind. We're glad you're on the TEAM!

Pulling Our Resources Together

By Angie Carter

Can you imagine moving into a large town without a friend or family member to join you? Now, can you imagine doing this if you were blind? I was honored to have a consumer on my caseload that has overcome this adversity and continues to live his life day to day as a happy and independent individual.

It was a few days after Christmas when I received a phone call from an out-of-state VR counselor. He had a blind gentleman who was going to move to Paducah for a new job and was in need of Independent Living Services. As an Independent Living Counselor, I was happy to set up a time to meet with the consumer and his wife. During their visit it was my mission to help them find a place to live, transportation and other local resources he would need. In addition to meeting with me, he also had the local Easter Seals counselor involved who also worked with me for the

very first time. We all spent the day in search of a safe apartment that would also be accessible for him and his visually impaired wife. It was amazing watching the couple as they decided which apartment would best meet their needs. At the end of the day they finally decided on one and signed a lease. It would only be a few weeks after that day that I would learn that the consumer we helped had lost his wife. They had really depended on each other for their daily needs and now he was on his own. Several weeks passed before I heard from him. Then, he contacted me and told me he had decided to stay in Paducah and continue working at his new place of employment. From that point on, we worked together as he learned to use the dishwasher, organize his closet and use the washer and dryer in his new apartment.

In addition to the daily chores, my consumer also needed a way to receive his groceries. Unfortunately, in Paducah there are limited resources for individuals who need their groceries delivered to them. I started from the phone book and called several people but I had no luck finding a grocery store or market that would deliver to him. It wasn't until Ron Devillez (the Vocational Rehabilitation Counselor in my Paducah office) suggested a volunteer that I contacted the RSVP center. I had worked with them in the past and provided information on the KY Office for the Blind, but I had never requested for a volunteer before. I spoke with the director on the phone about the situation of needing someone who would be willing to go to the store for (or with) my consumer for his groceries. She told me she would call me back if she could find someone. Not even ten minutes went by before I heard the phone ring. It was the director of RSVP back on the phone to tell me the good news. She said she had a woman who would love to volunteer her time and help someone with grocery shopping. I was so happy to meet with her and talk to my consumer about this individual. This would prove to be another

case of two separate agencies working together for the needs of the consumer.

My consumer is now doing very well and has worked with counselors, O&M, AT, IL, and VR here at the KY Office for the Blind. In addition to our agency, he has had help from the Easter Seals, RSVP, and PATS (transportation) system. I was very proud of my community, and everyone who has worked on this case with me. It is very clear that pulling together our resources can change people's lives. In the case of this consumer, teamwork turned a very difficult situation into an opportunity for great services. Thank you to everyone who has worked with this individual; I am sure you know who you are!!

DeafBlind News

By Dorothy Brame

The Kentucky Association for the DeafBlind (KADB) held their annual retreat at the Kentucky Leadership Center in Faubush, KY, from April 7- 9, 2006. There were approximately 120 people who participated in the retreat, thirty of which were consumers. The program this year consisted of a technology workshop presented by Anindya Bhattacharyya (Bapin), the Assistive Technology Specialist from the Helen Keller National Center in New York. Consumers and staff alike were quite impressed with the new technology presented at the workshop. One device in particular that sparked an interest was the Braille GPS navigation system. It was neat listening to how Bapin used the device to find Faubush, KY! Another device that is beneficial to deafblind consumers is the Braille Sense Communication device. The consumer can use it as a note taker as well as a communication device. Lab Computers in Louisville, KY, is a vendor for this device.

The DeafBlind Service Coordinators appreciate the hard work put forth by OFB staff regarding the attentiveness toward consumers with a vision and hearing loss. The identification of people who are deafblind has increased over the last few years according to the Helen Keller National Registry database. There are over 400 people with a dual diagnosis of vision and hearing loss in Kentucky. It is because of your efforts by completing the National Registry form that we are able to compile this data. If you have any questions or need further information about deafblind services, please feel free to contact me, Karen Clark or Janis Friend with Office for Vocational Rehabilitation.

Negotiation Training and Health Week 2006 at the MAC!!!

By Pam Thompson RN

Negotiation Training and Health Week 2006, April 10-14, was filled with lots of information and training for staff. Along with three days of Negotiations Training with Wayne Mulkey Ph.D., we had other training in FMLA and Sick Leave Sharing, Domestic Violence, Aromatherapy, and New Trends in Diabetes Care. The presenters were very knowledgeable in their areas and the information was well received by the staff.

I received several positive feedback comments about the Negotiations Training and Aromatherapy. Mike Rogers, one of our previous Massage Interns from the Louisville School of Massage, who is now certified in Massage and Aromatherapy, presented aromatherapy. He demonstrated the effects of the essential oils and how they can be used in everyday life to help benefit your body systems, relaxation and stress. The staff was then allowed to smell the different oils, which made for a very aromatic afternoon.

Beverly Breyette RN, Certified Diabetes Educator from Baptist Hospital East, presented the Diabetic Care presentation. Beverly gave the staff a wealth of information about diabetes care, new medications and healthy food choices. Priscilla McCowan, Training Manager for Commonwealth of Kentucky Education Cabinet, and Sharon Cummings from the Payroll Department, did an excellent job on Monday afternoon in covering the information needed in FMLA and Sick Leave Sharing.

Alethea Victor, Community Educator and Trainer for the Center for Women and Children presented Domestic Violence. Valuable information was presented to the staff on how to recognize domestic violence and what to do.

CPR Recertification and First Aid training was given to the MAC staff First Responders on April 10, 2006, by the American Red Cross.

I hope that everyone was able to benefit from the trainings that were offered and will apply the knowledge learned for the consumers that we serve here at the McDowell Center. Thanks for everyone's participation in Negotiation Training and Health Week 2006.

ANNOUNCEMENTS

Good news overflows from Region 2. Craig Callahan started in the Lexington office on March 16. He comes to us with a wealth of experience in management, personnel and employer relations. He has been training with various staff to learn those coveted blindness skills to better work with his consumers. Please give a warm welcome to the new kid on our block!

Also "Kudos and a huge hooray" go to Ashley Ramsey. She just passed her O/M certification. We are very proud of her accomplishments. When you congratulate her, also give her a word of encouragement, as she will be getting married June 9.



Smart bite:

An easy way to tell whether a food's fat level is a healthy 30% or less: check the label and make sure there are no more than 3g of fat for every 100 calories. A frozen dinner that has 300 calories should have a maximum of 9g of fat (1g of fat has 9 calories).

Prostate screenings change

If you are a man under 60 and your PSA level has raised 0.4 ng/ml over the last year, you may be developing aggressive prostate cancer.

That's the news Duke University researchers brought to a symposium this month in San Francisco, hosted by the American Society of Clinical Oncologists. PSA stands for the prostate-specific antigen, a biological marker for prostate problems found through a blood test. Currently, a 0.75 ng/ml increase in a man's PSA score over one year is indicative of aggressive prostate cancer. The National Prostate Cancer Coalition recommends that men have a baseline PSA test done at age 40, especially African Americans and those with a family history

of the disease. All men should start annual screening no later than age 50.

Blood pressure: your snoring may keep it high

If you've tried treating your high blood pressure with more than three medications, but it's still 140/90 or more, you could have sleep apnea.

A University of Alabama at Birmingham study shows that 85% of people with resistant hypertension suffer from obstructive sleep apnea and most of them don't even know it. Researchers say that when apnea is treated, blood pressure improves. They encourage people with resistant high blood pressure to have their renin and aldosterone levels checked and to ask for a sleep study, which most insurance plans cover.

The Latest on Strong Bones

Bones weaken and fractures soar with age. Today, about 10 million Americans have osteoporosis (brittle bones), and another 34 million have osteopenia (low bone mass).

Don't count on calcium alone. New research finds vitamin D as important. In fact, a daily 700 IU to 800 IU of D cuts hip fracture risk 20%, say Harvard investigators. Most women should take 500 mg to 800 mg calcium and 600 IU vitamin D each day.

Beware animal fat. Eating high amounts of saturated fat in meat and dairy can weaken bones, finds a new Penn State study. In men under age 50, those who ate the most saturated fat had 4% less bone mineral density than men who ate the least.

Eat fruits and vegetables. One reason: They're packed with potassium, which shows excretion of calcium. In animals, dried plums (prunes) even reversed bone loss.

Cut salt. In women with a typical American diet, cutting back to 2,000 mg sodium a day reduced their calcium and bone loss, says a University of Tennessee study.

Get B vitamin. Low B12 levels in the blood signal lower bone mineral density in men's hips and women's spines, says recent Tufts University research. In Japanese research, high daily doses of B12 (1,500) mcg) and folic acid (5mg) cut hip fractures 80% in stroke patients.

Limit cola and candy. Higher consumption of these is linked to greater bone loss. Potassium-packed cantaloupe can help bone loss.

RECIPE OF THE MONTH STRAWBERRY FUDGE PIE

CRUST:

1 Pillsbury Refrigerated Pie Crust (from 15-oz. pkg.) softened as directed on package

BROWNIE LAYER:

1 (10.25-oz. pkg. fudge brownie mix
¼ cup oil
2 tablespoons water
1 egg

CHEESECAKE LAYER:

1 (8-oz.) pkg. cream cheese, softened
¼ cup sugar
1 teaspoon vanilla
1 egg

TOPPING:

3 cups fresh strawberries, halved
2 tablespoons hot fudge ice cream topping

Heat oven to 350. Place pie crust in 9-inch glass pie pan as directed on package for one-crust filled pie. In large bowl, combine all brownie layer ingredients; beat 50 strokes with spoon. Spread in bottom of crust-lined pan. Bake at 350 for 30-35 minutes or until top is shiny and center is set. If necessary, cover edge of crust with strips of foil after 15-20 minutes of baking to prevent excessive browning.

Meanwhile, in a small bowl, combine cream cheese, sugar, vanilla and 1 egg; beat until smooth. Working quickly, drop cream cheese mixture by small spoonfuls over partially baked brownies; carefully spread to cover brownie layer. Bake an additional 18-20 minutes or until cream cheese is set. Cool for least 1 hour.

Arrange strawberry halves, cut side down, over top of cream cheese layer. Refrigerate 1 hour or until serving time. Immediately before serving, place ice cream topping in small microwave-safe dish. Microwave on DEFROST for 45 seconds. Spoon into small resealable plastic bag; seal bag. Cut small hole in bottom corner of bag; squeeze bag to drizzle topping over pie. Store in refrigerator. Makes 8 servings.

MAY BIRTHDAYS

2	JIMMY JOHNS
12	MARLON LINTON
14	SUSAN MILLS
20	ANN BURGE

22 JEFF GARRISON
23 ANNA ABNEY

Please let us know if anyone has been left
out this month so we can correct our list.